



Monthly Calendar for May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/1				5/1 10:00am Yoga Mix 6pm Total Fitness	5/2 10am Strength Express	5/3
5/4	5/5 10am 30-min Total Body 6pm Tone & Lengthen	5/6 10:00am Dance & Mobility 6pm Yoga w/ Autumn	5/7 10am Dance Express 6:00pm Yoga of the Heart	5/8 10:00am Yoga Mix 6pm Total Fitness	5/9 10am Strength Express	5/10
5/11	5/12 10am 30-min Total Body 6pm Tone & Lengthen	5/13 10:00am Dance & Mobility 6pm Yoga w/ Tammi	5/14 10am 30-min HIIT 6:00pm Yoga of the Heart	5/15 10:00am Yoga Mix 6pm Total Fitness	5/16 10am Strength Express 7:00pm Candlelight Yin **must pre-register!	5/17 10am Walk Around Town <i>(approx 1.3mi walk at a casual pace)</i> <i>No man left behind!</i>
5/18	5/19 10am 30-min Total Body 6pm Total Body w/ Tammi	5/20 10:00am Dance & Mobility 6pm Yoga w/ Autumn	5/21 10am On the Ball 6:00pm Yoga of the Heart	5/22 10:00am Yoga Mix 6pm Total Body w/ Tammi	5/23 10am Strength Express	5/24
5/25	5/26 10am 30-min Total Body 6pm Total Body w/ Tammi	5/27 10:00am Dance & Mobility 6pm Yoga w/ Autumn	5/28 10am Butts & Guts 6:00pm Yoga of the Heart	5/29 10:00am Yoga Mix 6pm Total Body w/ Tammi	5/30 10am Strength Express	5/31

See Website for Class descriptions

920 Malcolm Blvd

www.livingwithnewage.com
info@livingwithnewage.com

Rutherford College, NC
828.442.2589

***PLEASE NOTE: We may occasionally need to make changes to this schedule. Make sure you sign up for our text notification list so that you'll always know if a class is canceled or changed!*

Class Descriptions

Total Body: 30 Minute fast-paced class that strengthens both your muscles as well as your cardiorespiratory system.

Tone & Lengthen: Combines strengthening and stretching into a great 45-minute workout.

Dance & Mobility: First half of class is high intensity dance routines. Second half is myofascial release and stretching. Class is complete with a short relaxation at the end.

Yoga of the Heart: Gentle and healing yoga practice that focuses on body positivity and self-love. Very beginner friendly!

Yoga Mix: Mostly yoga but with some fun extras thrown in to keep it interesting!

Strength Express: Concentrated total body strength in just 30 minutes

30-min HIIT: Condition your cardio-respiratory system while strengthening your entire body with an emphasis on core.

Total Fitness: Cardio mixed with weights and abs.

Go Heavy: This hard hitting class features heavy lifts set to rock music. Perfect way to start your morning and pump you up! We will get really focused on a few heavy lifts each month and repeat them each week, trying to increase our weight as we master our form. Beginners will focus on mastering form for longer periods of time.

Dance Express: Fast paced 30 minute dance class.

Power Yoga: 30 minute intense flow with quick relaxation at the end.

On the Ball: Total Body workout using a stability ball with an emphasis on core.

Butts & Guts: All core & glutes!

Yoga of the Heart: Come join Jordan for a gentle yoga practice that focuses on healing the body and mind via the parasympathetic system.

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Simply text @newagefit to 81010